

Sharps and Flats.

Greater is the man who climbs an inch than he who slides a mile.

When the parents are consecrated the children are early converted.

Satan is the only one who makes anything out of sinful pleasures.

Many men think that piety on Sunday and pretense all the week affords a fine example of arbitration between God and the devil.

Prof. Charles H. Richardson of Dartmouth College, believes that the petrified body of a woman recently found in Washington, Vt., is that of a representative of a race which inhabited America before the Indians.

A Suicidal Excor.
The chief medical examiner of the Royal Arcanum reports that 103 members committed suicide during 1903. Among the supposed causes were: Domestic trouble, sixteen; financial difficulties, twenty-six; ill health, thirty-one; loss of employment, ten.

\$100 Reward. \$100.
The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials. Address F. J. CHENEY & Co., Toledo, O. Sold by Druggists, 75c.

Tagging Fishes.
The United States Fish Commission has contracted the small boys' habit of tagging fishes. Metal tags are fastened to marine fishes, which are let loose in the ocean with the idea of identifying them in case they are caught at any future time.

RISK LIVES IN SMALL BOAT.

Englishmen on Voyage to Australia in Fourteen-Ton Vessel.

A daring trip is to be made by two Brighton (Eng.) men in a craft so small that should the elements during the time she is in mid-channel prove anything but of the best, the chances are that she will never again reach land. The two young men are Mr. A. L. Napper and Mr. J. L. Langford, who start in their boat, the Brighton, for West Australia during this week. The object of the voyage is to reach the pearl fisheries at Broome, in N. W. Australia, cheaply, with a craft ready for the work there. The adventurous pair propose to travel 16,000 miles in a fourteen-ton boat. Two of the most ingenious devices to be carried aboard for the sake of safety are a dinghy and a floating anchor, both the inventions and patents of Napper himself. The dinghy has been constructed with a flat bottom to enable it to be carried standing flat on the deck, and thereby dispensing with the cumbersome davits. The floating deep-sea anchor is constructed with a spar 15 feet long, attached to which is a triangular-shaped canvas sail weighted at the bottom with shot. This contrivance is made especially for outriding any storms which may be met with in mid-channel, when the water is too deep to allow the ordinary anchor to be lowered. The deep sea anchor is let out at the stern of the craft, and the action of the water on it while in this position holds the boat practically motionless. The route to be taken, starting from Brighton, is through the Bay of Biscay and the Atlantic ocean to Capetown, and then a run of 5,000 miles without touching land will have to be made from the Cape to Fremantle.—Liverpool (Eng.) Mercury.

Christ is more than an exponent of truth; He is an impulse to truth.

A dude preacher generally produces dead sermons. So. 48.

HOUSEHOLD AFFAIRS



HINT FOR BOTTLING PICKLES.
In bottling home-made pickles, etc., boil the corks, and while hot you can press them into the bottles. When cold they are tightly sealed.

FOR SOUR MILK.

When milk that is not perfectly fresh is used in a cream sauce or soup do not add salt until just before serving, to prevent the milk curdling.

RASPBERRY VINEGAR.

To six quarts of red raspberries add three cupfuls of apple vinegar. Clean thoroughly and cover with the vinegar. Let it stand twenty-four hours—two or three days will not hurt—in a cool place, then strain through a jelly bag. Allow a cupful of sugar to each cupful of juice and boil up well. Skim and boil several minutes longer, then put into bottles and seal. To serve, allow a fourth of a cupful of vinegar to three-fourths of a cupful of water and shaved ice to make quite cold. This is exceedingly refreshing during the hot months and quickly prepared.

FRUIT SALAD.

Take one quart of mixed fruit juice—red raspberry, strawberry, cherry and pineapple. Heat and stir in two tablespoonfuls of gelatin softened in two tablespoonfuls of cold water; sweeten to suit; add one-half teaspoonful of mixed spices—cinnamon, cloves, mace; one teaspoonful vinegar; pour into small cups, lined with pieces of bleached almonds, and chill on ice. Unmould on plates, placing lettuce leaves which are dressed with French dressing and two large cherries at one side. On top a teaspoonful of whipped sweet cream; serve this with nut wafers.

CRABAPPLE JELLY.

Cut the apples into pieces without removing seeds or cores, as they improve the flavor of the jelly. Set a stone jar in a pot of hot water; put the apples in the jar without adding water to them, unless they should be very dry, in which case put one cup of water to every six pounds of fruit. Let them boil eight or nine hours. Leave in the jar all night, covered closely. Squeeze out the juice the next morning; allow a pound of sugar to a pint of juice. Put the juice over the fire and when boiling add the sugar and boil for a minute or so. Take from fire and fill the jelly glasses which have been dipped in hot water.

BARBERRY JELLY.

A delicious jelly, which is of high repute with English people and families of English descent in this country, is made of barberries. The barberry is a rather seedy fruit for preserves, but it is sometimes put up, as currants are, with a pound of raisins to every five pounds of itself, and a pound of sugar to a pound of the whole. The barberry should be picked late, after it has been touched with the frost, and the fruit is of a deep, dark crimson. The demand for the fruit is so limited that it seldom sells for more than ten cents a quart, so it must be classed among our inexpensive preserving fruit.

HOUSEHOLD HINTS

Before boiling milk or making any sauce with milk always rinse out the saucepan in cold water.

It will be found a case of a stitch in time saving nine or thereabout if the lace edgings on the hem of a petticoat be "overcast" with a strong thread before the garment is washed. Ragged edges and ravelings will be avoided by this precaution.

In caring for the kitchen daily, do not overlook the gas range. In most apartments the wall behind it soon becomes coated with grease and steam. If washed regularly with a strong soap and sponges and other objectionable intruders will soon give the kitchen a wide berth.

Shell portieres are so ornamental and easily made that all members of the family should be instructed to keep a bright lookout for them if their vacation travels take them to the seashore. One has but to piece a hole with a sharp pin and string them in long strands. An overdrapery at the top adds very much to the effectiveness.

Permit no wringing or rubbing of any wash silk garment. Simply have it dipped, changing the lukewarm water several times until it becomes comparatively clean. Next pass through two waters of the same temperature, omitting soap, and hang up to drain. Care should be taken to pin in several places, as the garment will be heavy with the weight of water.

It may shock tidy housekeepers to hear it, but the poor coffee one gets in the average household is due largely to the washing of the pot. It is plunged in with other pots, in all but exceptional cases, and washed with the common dishcloth. "A coffee pot," says a cook where coffee is famous, "should never be washed. It should be filled with cold water and left to stand for a few moments after using. Then it should be brushed out carefully with a long-handled brush, scalded with hot water and left to dry with the lid open till it is to be used again. Coffee made carefully in a pot so treated becomes a nectar fit for the gods."

News of the Day.

Without any spurge of publicity Harvard is now installing the largest practical telescope in the world, and the Pickering, Prof. W. H. and Prof. E. C. feel elated that the hunt for new stars will soon be renewed with increased interest.

Israel Zangwill is again a visitor to New York, he having arrived there last week. Mr. Zangwill is much interested in the plan to establish a colony of Russian Jews in British East Africa, and will make an effort to interest prominent American Hebrews on the subject.

Manuel Garcia, the singer, is still living in London and on March 17 next he will be 100 years old. He is the only singer now living who took part in the first season of Italian opera in New York in 1825, singing the role of "Figaro" in "Il Barbiere" on the evening of November 29.

The persons who expect to be tipped in a London hotel nowadays are: 1. The head sitting room waiter. 2. The head table d'hotel waiter. 3. The coffee room waiter. 4. The head porter. 5. The waiter. 6. The chambermaid. 7. The valet. 8. The cloak room attendant. 9. The night porter. 10. The house porter. 11. The carriage attendant. 12. The liftman. 13. The page.

It is said that, save in the case of royalty, no expense for medical attendance in England has ever equaled that incident to the illness of Lady Curzon, formerly Miss Mary Leiter, of Chicago. Sir Thomas Barlow, among the most eminent physicians in Great Britain, was recalled from abroad, and has spent days at a time at Walsingham, as have other professional men scarcely less celebrated.

"WHACKS"

And What They Mean.

When Old Mother Nature gives you a "whack" remember "there's a reason" so try and say "thank you" then set about finding what you have done to demand the rebuke, and try and get back into line, for that's the happy place after all.

Curious how many highly organized people fail to appreciate and heed the first little, gentle "whacks" of the good old Dame, but go right along with the habit whatever it may be, that causes her disapproval. Whiskey, Tobacco, Coffee, Tea or other unnatural treatment of the body, until serious illness sets in or some chronic disease.

Some people seem to get on very well with those things for awhile, and Mother Nature apparently cares but little what they do.

Perhaps she has no particular plans for them and thinks it little use to waste time in their training.

There are people, however, who seem to be selected by Nature to "do things." The Old Mother expects them to carry out some department of her great work. A portion of these selected ones oft, and again seek to stimulate and then denude the tool (the body) by some one or more of the drugs—Whiskey, Tobacco, Coffee, Tea, Morphine, etc.

You know all of these throw down the same class of alkaloids in Chemical analysis; They stimulate and then depress. They take from man or woman the power to do his or her best work.

After these people have dragged for a time, they get a hint, or mild "whack" to remind them that they have work to do, a mission to perform, and should be about the business, but are loafing along the wayside and become unfitted for the fame and fortune that waits for them if they but stick to the course and keep the body clear of obstructions so it can carry out the behests of the mind.

Sickness is a call to "come up higher." These hints come in various forms. It may be stomach trouble or bowels, heart, eyes, kidneys or general nervous prostration. You may depend upon it when a "whack" comes it's a warning to quit some abuse and do the right and fair thing with the body.

Perhaps it is Coffee drinking that offends. That is one of the greatest causes of human disorder among Americans.

Now then if Mother Nature is gentle with you and only gives light, little "whacks" at first to attract attention, don't abuse her consideration, or she will soon hit you harder, sure.

And you may also be sure she will hit you very, very hard if you insist on following the way you have been going.

It seems hard work to give up a habit, and we try all sorts of plans to charge our ill feelings to some other cause than the real one.

Coffee drinkers when ill will attribute the trouble to bad food, malaria, overwork and what not, but they keep on being sick and gradually getting worse until they are finally forced to quit entirely, even the "only one cup a day." Then they begin to get better, and unless they have gone long enough to set up some fixed organic disease, they generally get entirely well.

It is easy to quit coffee at once and for all, by having well made Postum, with its rich, deep, seal brown color which comes to the beautiful golden brown when good cream is added, and the crisp snap of good, mild Java is there if the Postum has been boiled long enough to bring it out.

It pays to be well and happy for good old Mother Nature then sends us her blessings of many and various kinds and helps us to gain fame and fortune.

Strip off the handicaps, leave out the deadening habits, heed Mother Nature's hints, quit being a loser and become a winner. She will help you sure if you cut out the things that keep you back.

"There's a reason" and a profound one.

Look in each package for a copy of the famous little book, "The Road to Wellville."

GOVERNOR OF OREGON Uses Pe-ru-na In His Family For Colds and Excellent Remedy



The Magnificent State Capitol building at Salem, Oregon.

PRAISE FROM THE EX-GOVERNOR OF OREGON.

PERUNA is known from the Atlantic to the Pacific. Letters of congratulation and commendation testifying to the merits of Peruna as a cathartic remedy are pouring in from every State of the Union.

Dr. Hartman is receiving hundreds of such letters daily. All classes write these letters, from the highest to the lowest. The outdoor laborer, the indoor artisan, the clerk, the editor, the statesman, the preacher—all agree that Peruna is the cathartic remedy of the age.

The stage and rostrum, recognizing cathartics as their greatest enemy, are especially enthusiastic in their praise and testimony.

Any man who wishes perfect health must be entirely free from cathartics. Cathartics are well-nigh universal; almost omnipresent.

Peruna is the only absolute safeguard known. A cold is the beginning of cathartics. To prevent colds, to cure colds, is to cheat cathartics of their victims.

Peruna not only cures catarrh, but prevents it. Every household should be supplied with this great remedy for coughs, colds and so forth.

The ex-Governor of Oregon is an ardent admirer of Peruna. He keeps it continually in the house.

Raising Dishrags.

A novel enterprise, that of raising dishrags, is being exploited by a number of Southern California horticulturists, who received the inspiration for the scheme from Charles Richardson, whose gardens in Pasadena are becoming famous for their remarkable productions. Mr. Richardson has successfully raised many growths new to American soil, and this year is exceeding all his previous triumphs by raising thousands of dishrags. Last year Mr. Richardson's string beans, which measured forty-three inches in length, created a stir, but dishrag vines, which, with their pendent dishrags, twine about orange trees, palms, evergreens and peach trees, and peek in at the second story windows; bid fair to win the championship from the beans. These dishrags, or vegetable sponges, as they are sometimes called, are indigenous to Africa, but now that it has been demonstrated that they will thrive in this country, they are bound to become a popular production. The seed look like a cucumber, but when ripe the shell is broken and a sponge disclosed.

FITs permanently cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. \$1.00. Sent by mail. Dr. R. H. KLINE, Ltd., 931 Arch St., Phila., Pa.

The Chinese still make the best india ink.

H. H. GREEN'S SONS, of Atlanta, Ga., are the only successful Dropsy Specialists in the world. See their liberal offer in advertisement in another column of this paper.

An immense flower market is to be built in New York City.

Jamsure Pisto's Cure for Consumption saved my life three years ago.—Mrs. J. THOMAS ROBERTS, Maple St., Norwich, N.Y., Feb. 17, 1903

Our railways handle about \$12,000,000 worth of grain a year.

Itch cured in 30 minutes by Woolford's Sanitary Lotion; never fails. Sold by Druggists. Mail orders promptly filled by Dr. E. Detchon, Crawfordsville, Ind. \$1.

Motor cars for desert traveling will arrive at Khartoum.

Write Quick FOR A Big Bargain

To better advertise the South's Leading Business College, four scholarships are offered young persons of this county at less than cost. WRITE TODAY.

GA-ALA. BUSINESS COLLEGE, Macon, Ga.

"ALL SIGNS FAIL IN A DRY TIME. THE SIGN OF THE FISH NEVER FAILS IN A WET TIME."



SLOAN'S LINIMENT
50c AND \$1.00 CURES HOG CHOLERA
SEND FOR CIRCULAR WITH DIRECTIONS
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CORN MILLS AND MILLSTONES
If in need of Corn Mill or Millstones you will find it to your interest to correspond with CAROLINA MILLSTONE CO. of Cameron, N. C. Manufacturers of CORN MILLS from the famous Moore County Grit.



Cascarets
CANDY CATHARTIC
THEY WORK WHILE YOU SLEEP
GUARANTEED CURE for all bowel troubles, appendicitis, biliousness, bad breath, bad blood, wind on the stomach, bloated bowels, foul mouth, headache, indigestion, pimples, piles after eating, liver trouble, yellow skin and dizziness. When your bowels don't move regularly you are sick. Constipation kills more people than all other diseases together. It starts chronic ailments and long years of suffering. No matter what ails you, start taking CASCARETS today, for you will never get well and stay well until you get your bowels right. Take our advice, start with Cascarets today under absolute guarantee to cure or money refunded. The genuine tablet stamped C. C. C. Never sold in bulk. Sample and booklet free. Address Sterling Remedy Company, Chicago or New York.



W.L. DOUGLAS
\$3.50 SHOES
W. L. Douglas makes and sells more men's \$3.50 shoes than any other manufacturer in the world.
The reason W. L. Douglas \$3.50 shoes are the greatest sellers in the world is because of their excellent style, easy fitting and superior wearing qualities. If I could show you the difference between the shoes made in my factory and those of other makers and the high-grade leather used, you would understand why W. L. Douglas \$3.50 shoes cost more to make, why they hold their shape, better wear longer, and are of greater intrinsic value than any other \$3.50 shoe on the market to-day, and why the W. L. Douglas guarantees their value by stamping his name and price on the bottom. Look for it—take no substitute. Sold by shoe dealers everywhere.
SUPERIOR IN FIT, COMFORT AND WEAR.
"I have worn W. L. Douglas \$3.50 shoes for the last twelve years with absolute satisfaction. I find them superior in fit, comfort and wear to all other shoes."—Richmond, Va.
W. L. Douglas uses Corona Calks in his \$3.50 shoes. Corona Calk is conceded to be the finest Patent Leather made. Fast Color Eyelets used exclusively.
W. L. DOUGLAS, Brockton, Massachusetts.



Women who work, whether in the house, store, office or factory, very rarely have the ability to stand the strain. The case of Miss Frankie Orser, of Boston, Mass., is interesting to all women, and adds further proof that woman's great friend in need is Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINKHAM:—I suffered misery for several years. My back ached and I had bearing down pains, and frequent headaches. I would often wake from a restful sleep in such pain and misery that it would be hours before I could close my eyes again. I dreaded the long nights and weary days. I could do no work. I consulted different physicians hoping to get relief, but, finding that their medicines did not cure me, I tried Lydia E. Pinkham's Vegetable Compound, as it was highly recommended to me. I am glad that I did so, for I soon found that it was the medicine for my case. Very soon I was rid of every ache and pain and restored to perfect health. I feel splendid, have a fine appetite, and have gained in weight a lot."—Miss FRANKIE ORSER, 14 Warrenton St., Boston, Mass.

Surely you cannot wish to remain weak, sick and discouraged, and exhausted with each day's work. Some derangement of the feminine organs is responsible for this exhaustion, following any kind of work or effort. Lydia E. Pinkham's Vegetable Compound will help you just as it has thousands of other women.

The case of Mrs. Lennox, which follows, proves this.

"DEAR MRS. PINKHAM:—Last winter I broke down suddenly and had to seek the advice of a doctor. I felt sore all over, with a pounding in my head, and a dizziness which I had never experienced before. I had a miserable appetite, nothing tasted good, and gradually my health broke down completely. The doctor said I had female weakness, but, although I took his medicine faithfully, I found no relief.

"After two months I decided to try what a change would do for me, and as Lydia E. Pinkham's Vegetable Compound was strongly recommended to me I decided to try it. Within three days I felt better, my appetite returned, and I could sleep. In another week I was able to sit up part of the day, and in ten days more I was well. My strength had returned. I gained fourteen pounds, and felt better and stronger than I had for years. I gratefully acknowledge its merits. Very sincerely yours, Mrs. BERT E. LENNOX, 120 East 4th St., Dixon, Ill."

\$5000 FORFEIT if we cannot forthwith produce the original letters and signatures of above testimonials, which will prove their absolute genuineness. Lydia E. Pinkham Med. Co., Lynn, Mass.

Dropsy
CURED 819x Quick Relief.
Removes all swelling in 3 to 30 days; effects a permanent cure in 30 to 60 days. Trial treatment given free. Nothing can be fairer. Write Dr. H. M. Green's Sons, Specialists, Box 31 Atlanta, Ga.

No More Blind Horses For Specific Ophthalmic Sore Eyes, Barry Co., Iowa City, Ia., have a sure cure
PISO'S CURE FOR
SORES WHERE ALL ELSE FAILS.
Best Cough Syrup. Tastes Good. Use in time. Sold by druggists.
CONSUMPTION